SUPPLEMENTARY MATERIAL

Figure S1

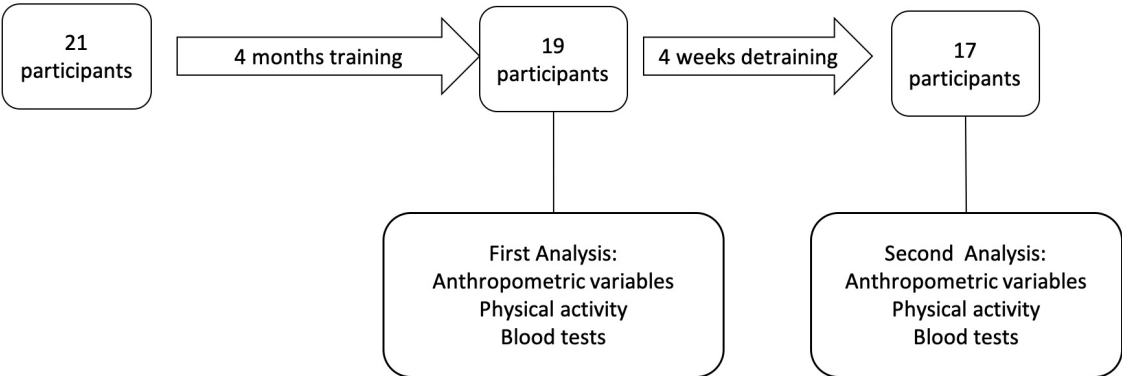**TABLE S1**

Variables (unit of measurement)	Pre-training (mean ± SD)	CV%	Post-training (mean ± SD)	CV%	p-value
Wells Bench test (cm)	26 ± 7	27.32	25 ± 7	27.97	0.015
30 s chair stand test (stands)	18 ± 4	20.44	16 ± 3	17.76	0.009
Upper limb strength test (repetitions)	34 ± 5	13.26	32 ± 4	12.65	0.006
Blood glucose (mg/dL)	77.65 ± 4.87	6.27	83.67 ± 20.11	24.04	0.26
Insulin (ng/mL)	3.50 ± 0.68	19.48	3.71 ± 1.14	30.57	0.37
HOMA-IR (arbitrary)	0.72 ± 0.14	19.72	0.81 ± 0.23	29.10	0.029
Triglycerides (mg/dL)	120.87 ± 44.17	36.54	117.41 ± 43.26	36.84	0.046
Total Cholesterol (mg/dL)	178.21 ± 23.64	13.27	220.90 ± 64.98	29.42	0.008
LDL Cholesterol (mg/dL)	111.79 ± 21.09	19.60	155.33 ± 60.95	39.24	0.048
HDL Cholesterol (mg/dL)	42.24 ± 10.68	25.28	42.09 ± 12.41	29.49	0.95
VLDL Cholesterol (mg/dL)	24.17 ± 8.83	36.54	23.48 ± 8.65	36.84	0.46
IL1β (pg/mL)	1.37 ± 0.39	28.57	1.26 ± 0.20	15.80	0.31
IL6 (pg/mL)	1.82 ± 2.52	138.42	1.91 ± 3.38	176.86	0.22
TNFα (pg/mL)	5.22 ± 2.19	41.97	4.86 ± 2.12	43.70	0.34
INFγ (pg/mL)	5.24 ± 3.04	58.06	4.79 ± 2.99	62.46	0.34
MCP1 (pg/mL)	558.41 ± 151.16	27.07	592.06 ± 100.09	16.91	0.36
IL4 (pg/mL)	10.89 ± 10.70	98.28	13.21 ± 16.31	123.49	0.97
IL10 (pg/mL)	4.53 ± 5.71	126.04	4.23 ± 5.55	131.33	0.27
IL13 (pg/mL)	44.84 ± 100.85	224.90	35.84 ± 78.89	220.11	0.03
LPS (EU/mL)	0.66 ± 0.01	1.14	0.66 ± 0.01	0.87	0.25

LEGEND OF SUPPLEMENTARY FIGURES

Figure S1. Flowchart diagram of the research.